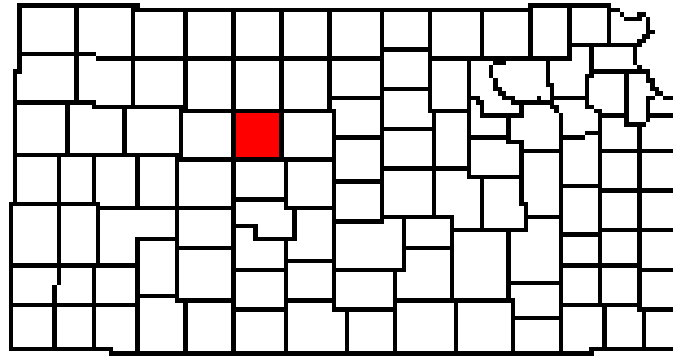


ELLIS



Books:

The following Arthritis Foundation books are available at:

[Hays Public Library](#)

1205 Main Street

Hays, KS 67601

785-625-9014

<http://www.hayspublib.org/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologists located in **COLORADO** or **NEBRASKA**.

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Center for Health and Improvement

2500 Canterbury Dr.

Hays, KS 67601

<http://www.haysmed.com>

CONTACT:

785-623-6334

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Center for Health and Improvement

2500 Canterbury Dr.
Hays, KS 67601
<http://www.haysmed.com>

CONTACT:
785-623-6339

Support Groups:

Northwest Kansas Fibromyalgia and
Arthritis Support Group
Senior Citizens Center
208 East 8th Street
Hays, KS 67601

For Information call:
Marjorie Malara-Mueller
785-628-8440